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Motivate My Mindset: Teachers, Parents and Students setting their minds on Achievement, Growth and Excellence!

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**"MOTIVATE MY MINDSET:
TEACHERS, PARENTS AND STUDENTS
SETTING THEIR MINDS ON
ACHIEVEMENT, GROWTH AND EXCELLENCE"**



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Clifton Ridge Middle School
Jones County School System

**NATIONAL YOUTH AT RISK CONFERENCE
PRESENTATION - MARCH 5, 2018**

FAMOUS FAILURES...SUCCESS

<https://www.youtube.com/watch?v=zLYECIjmnQs>



MINDSET IS A SIMPLE IDEA —A SIMPLE IDEA THAT MAKES ALL THE DIFFERENCE!

Every so often a truly groundbreaking idea comes along. This is one. Mindset explains:

- Why brains and talent don't bring success
- How they can stand in the way of it
- Why praising brains and talent doesn't foster self-esteem and accomplishment, but jeopardizes them
- How teaching a simple idea about the brain raises grades and productivity
- What all great CEOs, parents, teachers, athletes know

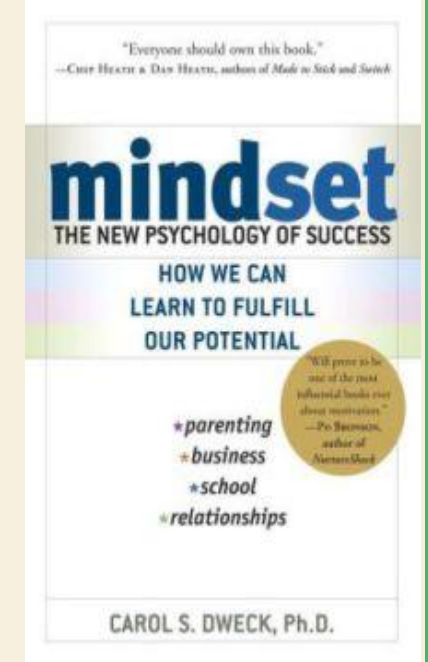


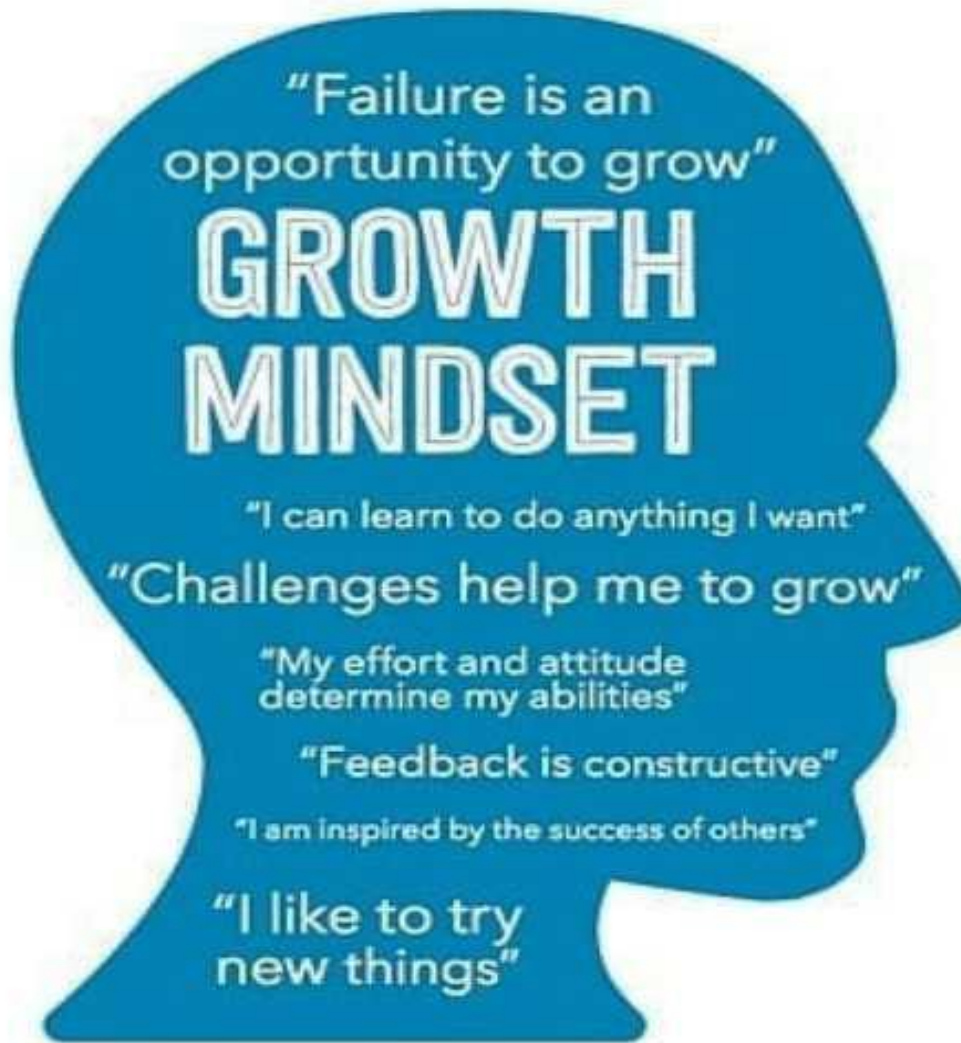
FOUNDATIONAL RESEARCH

Over 30 years ago, Carol Dweck and her colleagues became interested in students' attitudes about failure.

- They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks.
- After studying the behavior of thousands of children, Dr. Dweck coined the terms fixed mindset and growth mindset to describe the underlying beliefs people have about learning and intelligence.

Dweck, C. S. (2006). *Mindset: The new psychology of success*. Random House Incorporated.

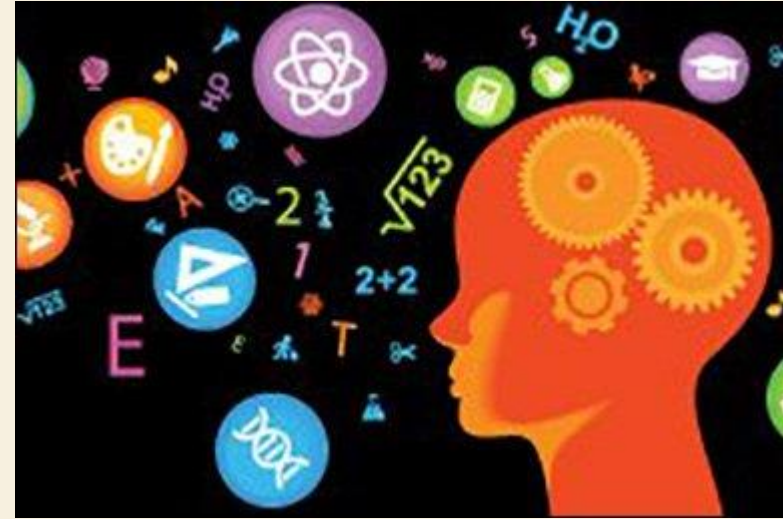




When students believe they can get smarter, they understand that effort makes them stronger. Therefore they put in extra time and effort, and that leads to higher achievement.

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> • SOMETHING YOU'RE BORN WITH • FIXED 	SKILLS	<ul style="list-style-type: none"> • COME FROM HARD WORK. • CAN ALWAYS IMPROVE
<ul style="list-style-type: none"> • SOMETHING TO AVOID • COULD REVEAL LACK OF SKILL • TEND TO GIVE UP EASILY 	CHALLENGES	<ul style="list-style-type: none"> • SHOULD BE EMBRACED • AN OPPORTUNITY TO GROW. • MORE PERSISTANT
<ul style="list-style-type: none"> • UNNECESSARY • SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH 	EFFORT	<ul style="list-style-type: none"> • ESSENTIAL • A PATH TO MASTERY
<ul style="list-style-type: none"> • GET DEFENSIVE • TAKE IT PERSONAL 	FEEDBACK	<ul style="list-style-type: none"> • USEFUL • SOMETHING TO LEARN FROM • IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none"> • BLAME OTHERS • GET DISCOURAGED 	SETBACKS	<ul style="list-style-type: none"> • USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

Mindset in the Classroom: A National Study of K-12 Teachers - Education Week



Yettick, H., Lloyd, S., Harwin, A., Riemer, A., & Swanson, C. B. (2016). Mindset in the Classroom: A National Study of K-12 Teachers. *Editorial Projects in Education*.

- https://www.edweek.org/media/ewrc_mindsetintheclassroom_sept2016.pdf

A Growth Mindset Drives Motivation and Achievement



Blackwell, Trzesniewski & Dweck (2007) *Child Development*

Mindfulness

Identify Brain Basics

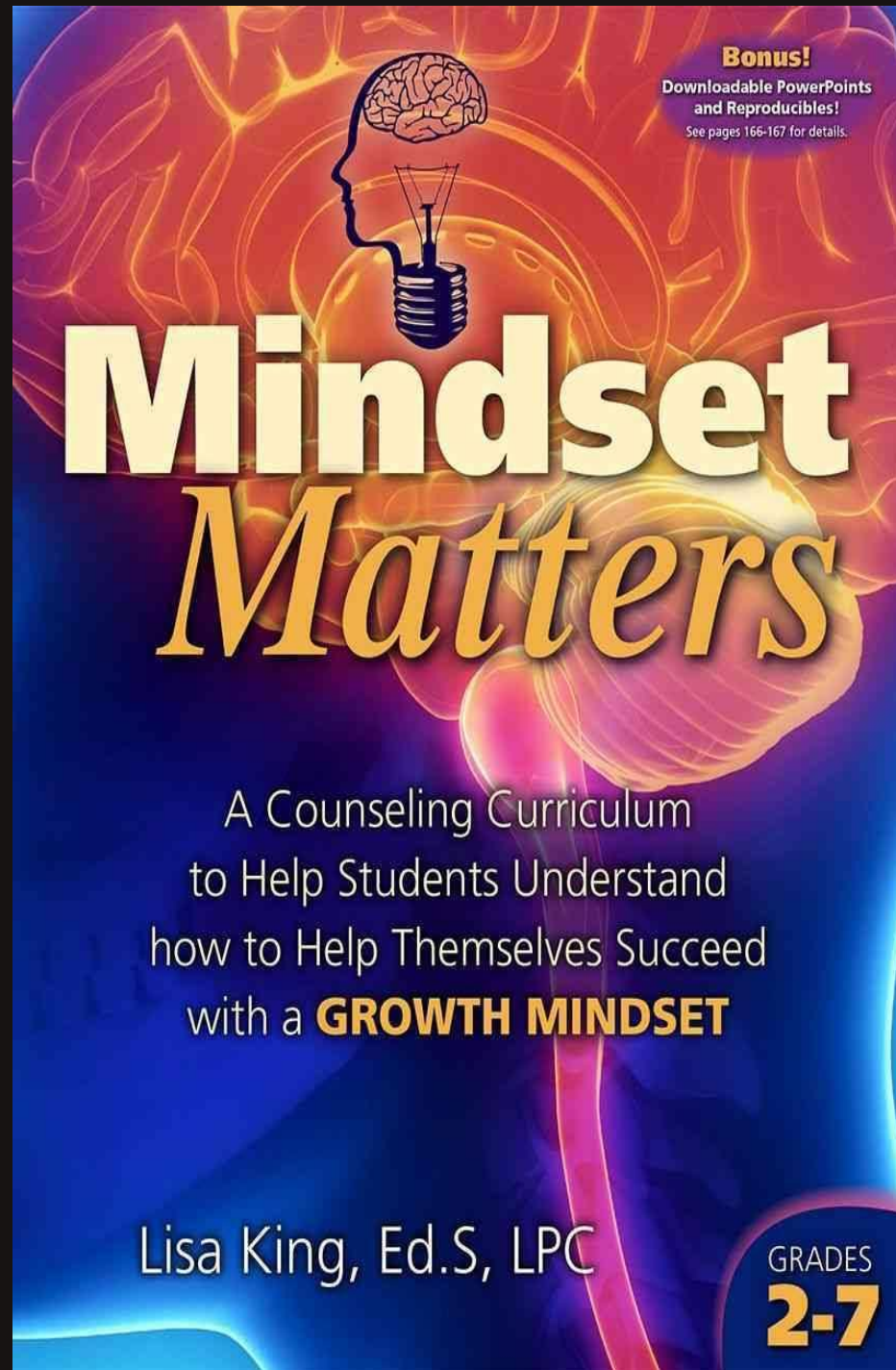
Not Yet is OK

Determination/Grit

Self-Talk

Everyone is Unique

Teach Others What You Know



MIND



Mindfulness

Identify Brain Basics

Not Yet is OK

Determination/Grit

MINDFULNESS

Be mindful
even if your
mind is full.

- De La Vega

Happyologist.co.uk

Mind Full, or Mindful?



IDENTIFY BRAIN BASICS

Brain Riddle

Fancy Facts about the Brain!



NOT YET IS OK



The Power of Yet

https://www.youtube.com/watch?v=SnrHZ_uvtxk



DETERMINATION AND GRIT

https://www.youtube.com/watch?v=0Q6a_rD85X0

<https://www.youtube.com/watch?v=IJKlgtCpwvg>

effort
+ passion
+ growth mindset
+ determination

SUCCESS

Crack the Code
How Gritty are You?

I CAN
and
I WILL.

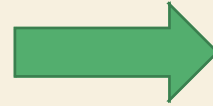
SELF-TALK

CHANGE YOUR WORDS



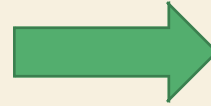
CHANGE YOUR MINDSET

I give up!



I'm going have to use what I know
to try this.

I messed up on this.



Mistakes will help me learn.

I'm not as good as they are at this.



I'm going to try and use some of the same ways they are doing this to see if it works for me.

This will never get better.



If I train my brain to think positively, things will improve.

POSITIVE THINKING=GROWTH MINDSET

Seeing the Rainbow in the Rainstorm...Making Lemonade out of Lemons

If I focus,
I can do
anything I set
my mind to.

Mistakes are part of learning;
I'll just do my best.

This gives me
an opportunity
to try
something new.

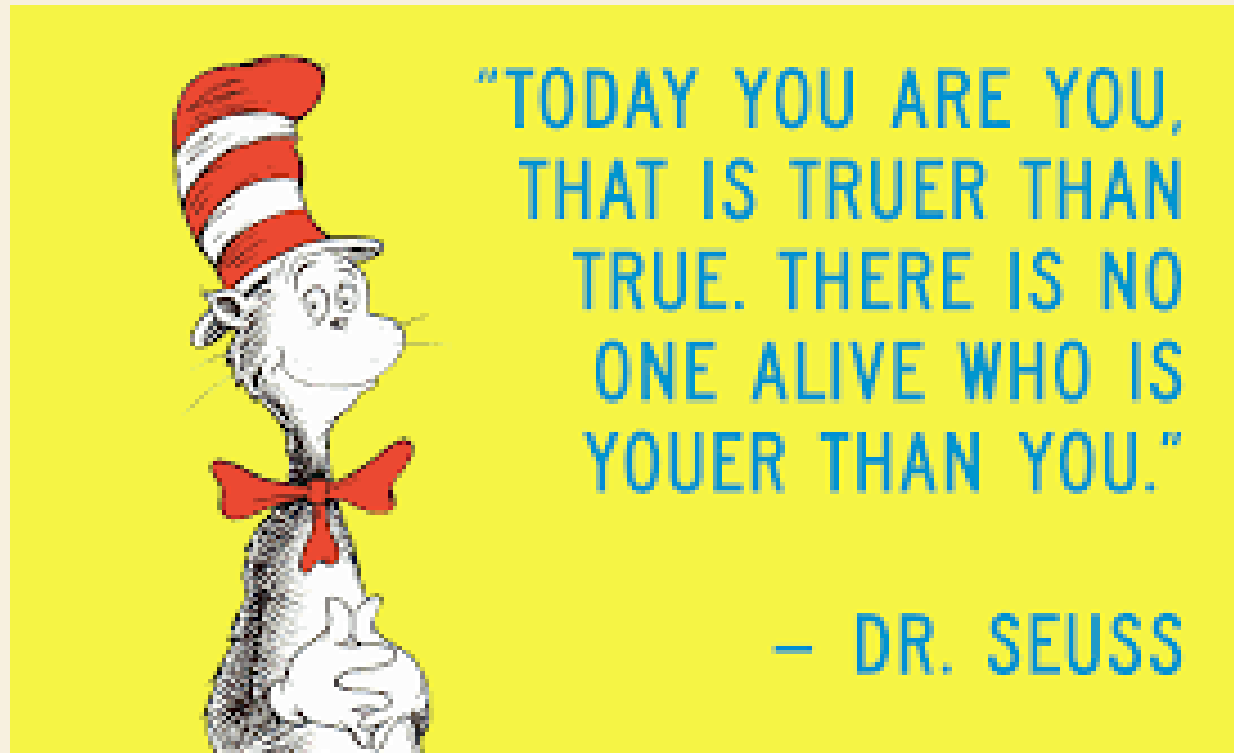
I am disappointed,
but I have other things
I will focus on.

“Every mistake you make
is **PROGRESS**.”

I can train my brain
and with practice I
WILL get it.

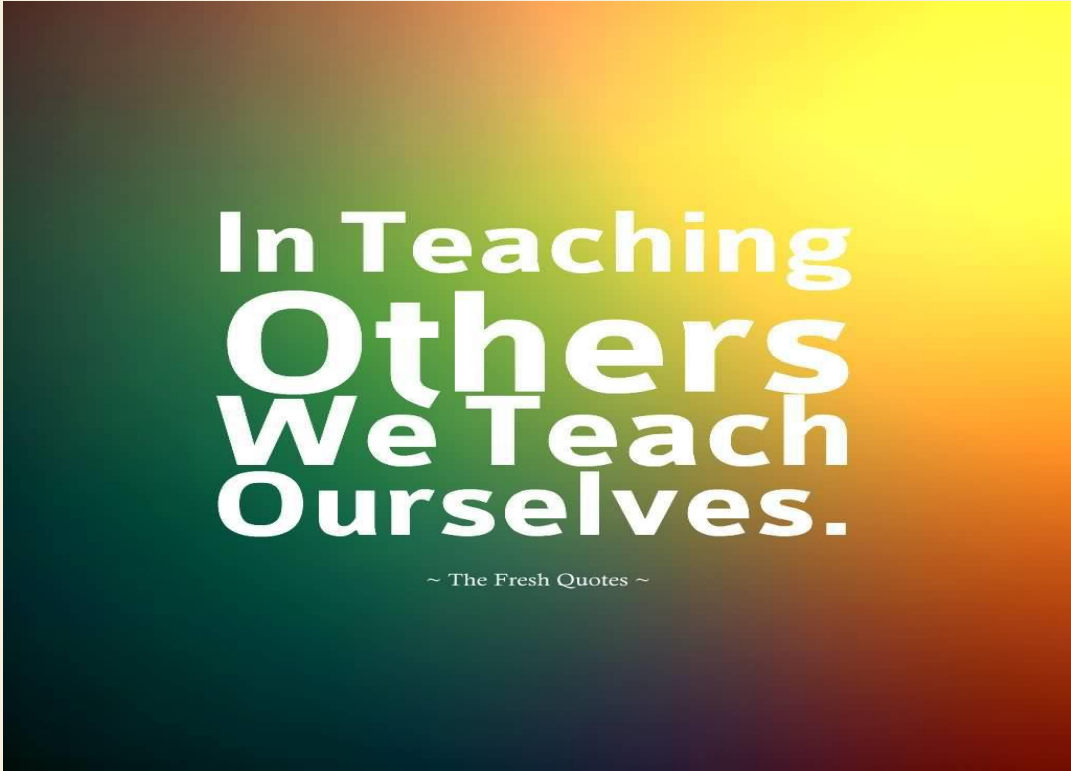
EVERYONE IS UNIQUE

Unique Signature Bingo



TEACH OTHERS WHAT YOU KNOW

Mindset Chant



In Teaching
Others
We Teach
Ourselves.

~ The Fresh Quotes ~

MINDSETS HELP

Does growth mindset really help kids succeed?

2014 research by Claro & Paunesku revealed that students who demonstrate a growth mindset:

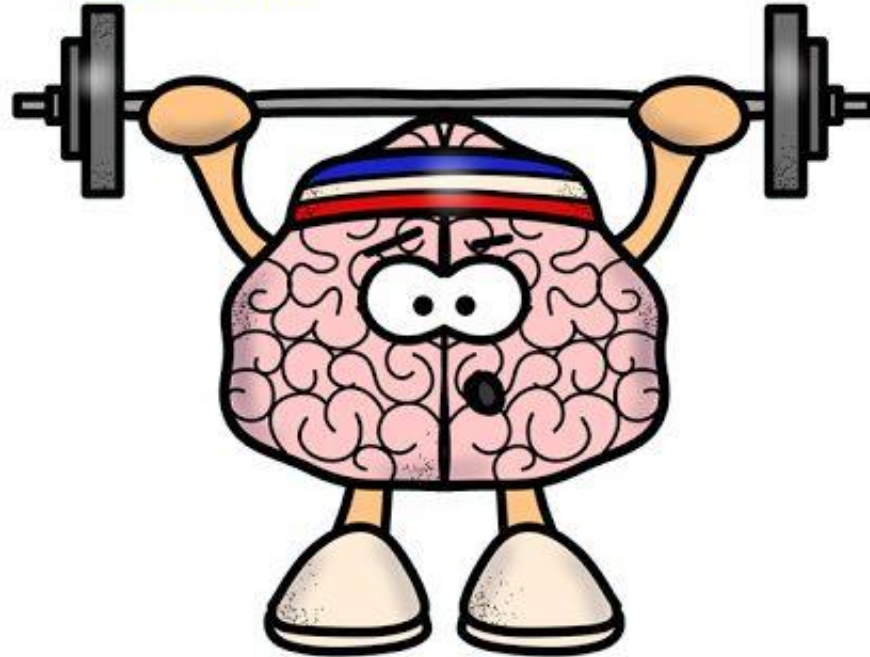
- perform better than students with a fixed mindset, significantly outscoring them in the areas of math and literacy;
- are more likely to recognize the importance of effort in academic success;
- seek out challenging academic tasks to enhance learning; and
- value critical feedback

<https://www.lexialearning.com/blog/6-tips-help-students-develop-growth-mindset-classroom>

What do teachers think about growth mindset?

- According to a 2016 national study of over 600 K–12 teachers conducted by the Education Week Research Center, almost all teachers (98%) believe that integrating growth mindset will lead to improved student learning.
- Despite having an interest in and a willingness to implement growth mindset in the classroom, teachers feel they are not adequately trained to foster such a mindset in their students. Only 20% of study participants said they strongly believed they were good at fostering growth mindset, and 85% reported that they wanted more professional development in this area.

The **BRAIN** is like a Muscle



Your brain gets **STRONGER** when
you embrace challenges!

GROWTH MINDSET MISUSED, MISUNDERSTOOD, MISAPPLIED

- Praising effort alone
- Telling kids to try harder
- Repeating mindset jargon
- Higher achieving students

GROWTH MINDSETS SUCCESS

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Jones County School System

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Mindset Makers

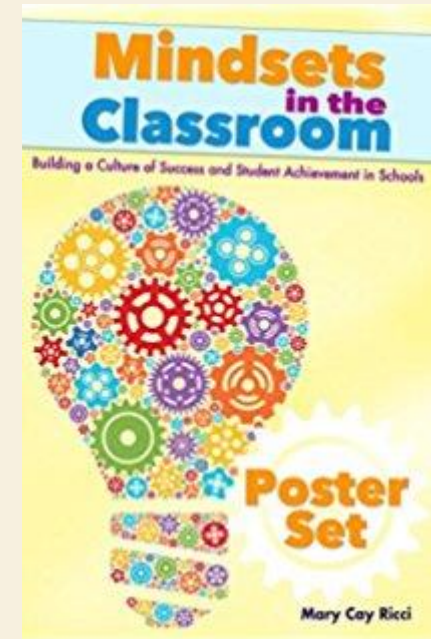
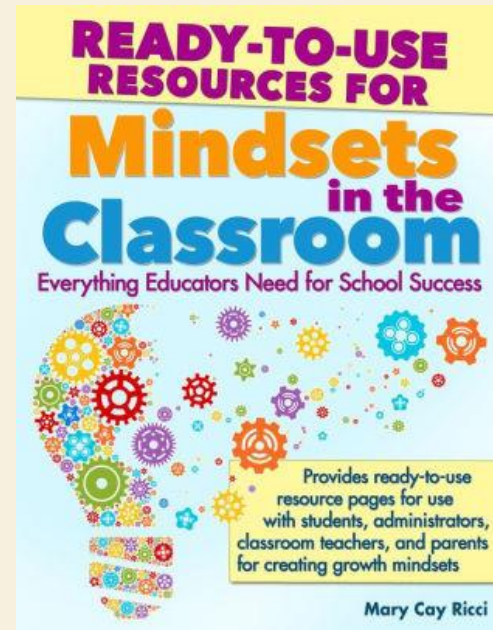
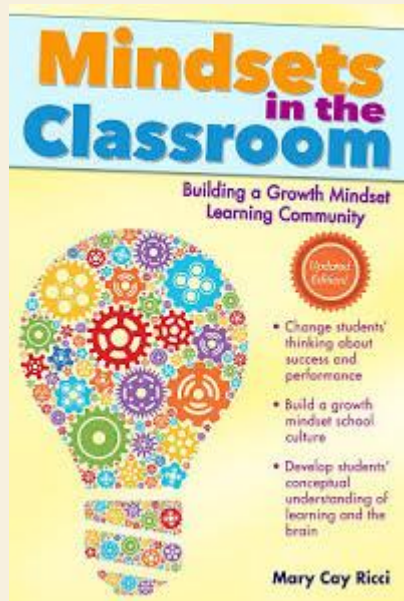
Mindset Calendars

Train Your Brain Day



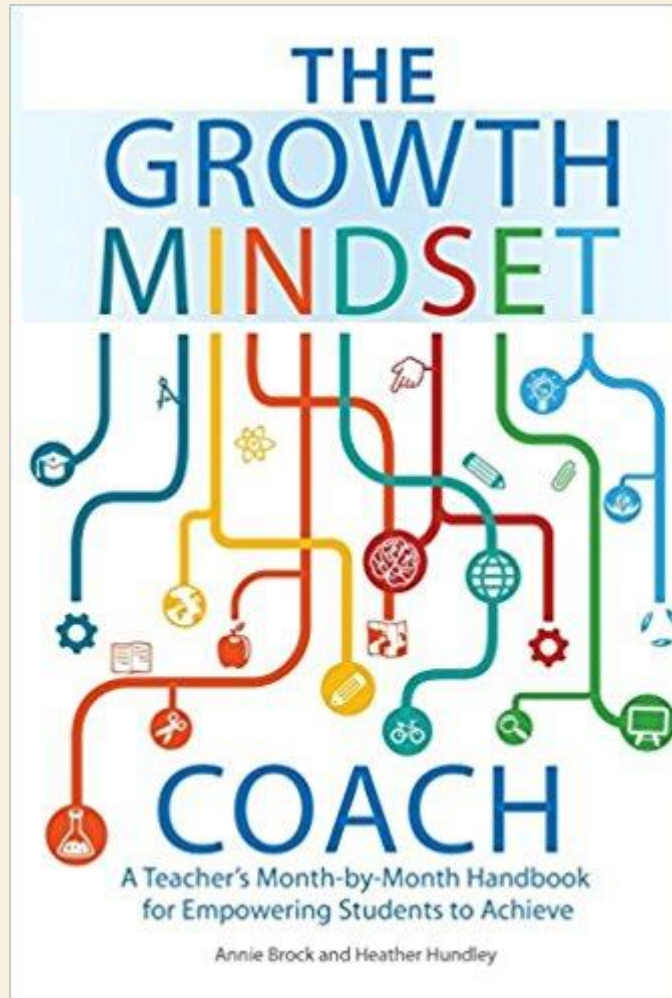
MINDSETS IN THE CLASSROOM

BOOKS BY MARY CAY RICCI

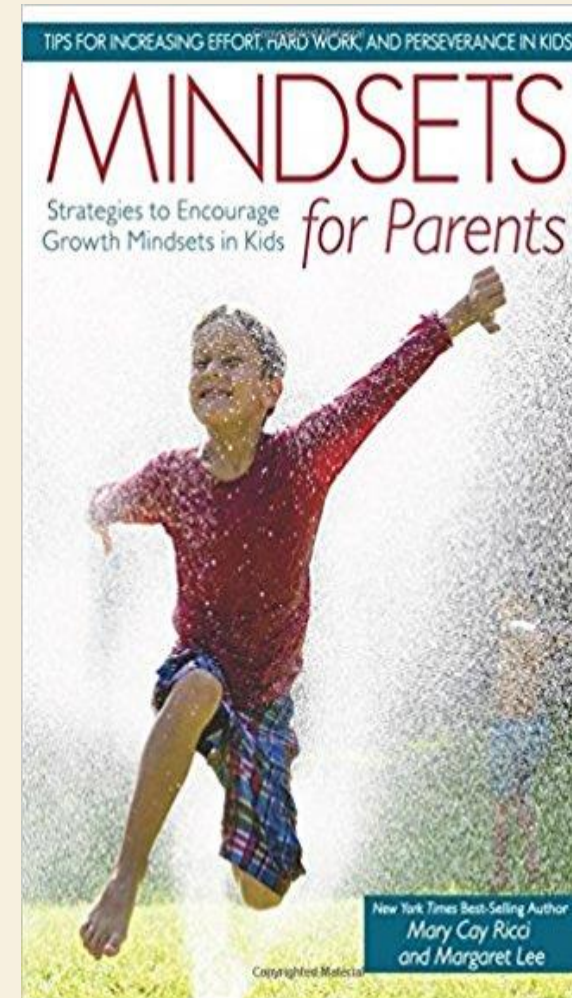


Ricci, M. C. (2013). *Mindsets in the Classroom*. Prufrock Press.

TEACHER AND PARENT RESOURCES



Brock, A., & Hundley, H. (2016). *The growth mindset coach: a teacher's month-by-month handbook for empowering students to achieve*. Illnesses Press.



Ricci, M. C., & Lee, M. (2016). *Mindsets for parents: Strategies to encourage growth mindsets in kids*. Sourcebooks, Inc..

HELPFUL LINKS

https://www.edweek.org/media/ewrc_mindsetintheclassroom_sept2016.pdf

<https://www.mindsetworks.com/science>

https://www.youtube.com/watch?v=SnrHZ_uvtxk

https://www.youtube.com/watch?v=0Q6a_rD85X0

<https://www.lexialearning.com/blog/6-tips-help-students-develop-growth-mindset-classroom>



REMEMBER

The **Mind** is indeed a terrible thing to waste;
And it is important where the **Mind** is set!
Motivate the development of a Growth Mindset;
While embracing the dynamic **Power of Yet!**

Leggett (2018)



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